

# WESTSIDE WELLNESS

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Healthy Dinner Club      October 2009



**health**  
EDUCATE ENGAGE EMPOWER  
**matters**  
CREATING A CULTURE OF WELLNESS

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October 1, 2009

### Food For Thought

**What better way to get kids involved with dinner than to have them do the planning? - Julia Jordan**

### Family Dinner Benefit:

**When eating dinner as a family, do not eat while viewing the television. Studies have shown dinners as a family without watching TV consists of more fruits, vegetables, and milk. Dinners that involve watching TV consists of less fruits and vegetables and more junk food and soda.**

### Healthy Dinner Recipe - Beef Stroganoff

Using lean top round beef, plain low-fat yogurt, and very little added salt makes this a heart-healthy dish.

1 lb lean beef (top round)  
2 tsp vegetable oil  
3/4 Tbsp onion, finely chopped  
1 lb mushrooms, sliced  
1/4 tsp salt  
black pepper to taste  
1/4 tsp nutmeg  
1/2 tsp dried basil  
1 cup plain yogurt, low-fat  
6 cups cooked macaroni, cooked in unsalted water

1. Cut beef into 1-inch cubes. Heat 1 teaspoon oil in a non-stick skillet. Sauté onion for 2 minutes. 2. Add beef and sauté for additional 5 minutes. Turn to brown evenly. Remove from pan and keep hot. 3. Add remaining oil to pan; sauté mushrooms. 4. Add beef and onions to pan with seasonings. 5. Add yogurt; gently stir in. Heat, but do not boil. 6. Serve with macaroni. Note: If thickening is desired, use 2 teaspoons cornstarch; calories are the same as flour, but cornstarch has double thickening power. These calories are not figured into the nutrients per serving. Yield: 5 servings Serving size: 6 oz Each serving provides: Calories: 499 Total fat: 10 g Saturated fat: 3 g Yield: 5 servings Serving size: 6 oz Each serving provides: Calories: 499 Total fat: 10 g Saturated fat: 3 g

October 2, 2009

### Food For Thought

**Growing up, my father got home late, at 8 p.m., but my mother always made us wait to eat as a family no matter how much we complained. Now that my father has passed away over 10 years ago, dinner conversations are the strongest and best memories for me and my sisters. - Isabel Wurgraft**

### Family Dinner Benefit:

**Teenagers that skip family dinners are more likely to start smoking, drinking, and using drugs at a younger age.**

### Healthy Dinner Recipe - Southwest Salad

Note: Garbanzo bean is another name for chickpea.

1/2 cup onions, chopped  
1 lb lean ground beef  
1 Tbsp chili powder  
2 tsp ground cumin  
1 cup canned red kidney beans, drained  
1 can (15-oz) chickpeas, drained  
1 medium tomato, diced  
2 cups lettuce  
1/2 cup cheddar cheese

1. Cook ground beef and onions in a large skillet until the beef no longer remains pink. Drain. 2. Stir chili powder, oregano, and cumin into beef mixture; cook for 1 minute. 3. Add beans, chickpeas, and tomatoes. Mix gently to combine. 4. Combine lettuce and cheddar cheese in large serving bowl. Portion lettuce and cheese onto four plates. Add 1 cup of beef mixture on top of lettuce and cheese. Yield: 4 servings Serving size: about 1/2 cup beef mixture, 1/2 cup lettuce and cheese mixture each Each serving provides: Calories: 485 Total fat: 22 g Saturated fat: 9 g Cholesterol: 98 mg Sodium: 411 mg

October 5, 2009

### Food For Thought

The family dinner is an important time for families to be together and talk. It's important for family bonds, having time together that's not stressful, enjoying each other's company, and being around food. - Dr. Karen Weber Cullen

### Family Dinner Benefit:

Families that participate in family dinners tend to eat meals that are healthier and smaller portion sizes.

### Healthy Dinner Recipe - Stir Fried Beef and Chinese Vegetables

1 Tbsp soy sauce  
1/2 tsp sugar  
1 1/2 tsp gingerroot, peeled and grated 1 lb boneless round steak, fat trimmed and cut across grain into 1 1/2-inch strips  
2 Tbsp vegetable oil  
2 medium onions, each cut into 8 wedges  
1/2 lb fresh mushrooms, rinsed, trimmed, and sliced  
2 stalks (1/2 cup) celery, bias cut into 1/4-inch slices  
2 small green peppers, cut into thin lengthwise strips  
1 cup water chestnuts, drained and sliced  
2 Tbsp cornstarch  
1/4 cup water

1. Prepare marinade by mixing together soy sauce, sugar, and ginger. 2. Marinate beef in mixture while preparing vegetables. 3. Heat 1 tablespoon of oil in large skillet or wok. Stir-fry onions and mushrooms for 3 minutes over medium-high heat. 4. Add celery and cook for 1 minute. Add remaining vegetables and cook for 2 minutes or until green pepper is tender but crisp. Transfer vegetables to warm bowl. 5. Add remaining 1 tablespoon of oil to skillet. Stir-fry meat in oil for about 2 minutes, or until meat loses its pink color. 6. Blend cornstarch and water. Stir into meat. Cook and stir until thickened. Then return vegetables to skillet. Stir gently and serve. Yield: 6 servings Serving size: 6 oz Each serving provides: Calories: 200 Total fat: 9 g Saturated fat: 2 g Cholesterol: 40 mg Sodium: 201 mg Fiber: 3 g Protein: 17 g Carbohydrate: 12 g Potassium: 552 mg

October 6, 2009

### Food For Thought

People are really starting to understand that this is an important thing. - Richard D. Mulieri

### Family Dinner Benefit:

One way to keep up with the busy family schedule is to have the person that is home first from work or school to start up the family dinner. If the mother is home first she can start it. If the father is home first he can start it. Even if the teenage daughter or son is home first they can start now to help get the family dinner started.

### Healthy Dinner Recipe - Black Skillet Beef With Greens and Red Potatoes

This heart-healthy one-dish meal is made with lean top round beef, lots of vegetables, and a spicy, herb mixture.

1 lb top round beef  
1 Tbsp paprika  
1 1/2 tsp oregano  
1/2 tsp chili powder  
1/4 tsp garlic powder  
1/4 tsp black pepper  
1/8 tsp red pepper  
1/8 tsp dry mustard  
8 red-skinned potatoes, halved  
3 cups onion, finely chopped  
2 cups beef broth  
2 large garlic cloves, minced  
2 large carrots, peeled and cut into very thin 2 1/2-inch strips  
2 bunches mustard greens, kale, or turnip greens, stems removed (1/2 lb each) and coarsely torn  
non-stick spray coating as needed

1. Partially freeze beef. Thinly slice across the grain into long strips 1/8-inch thick and 3 inches wide. Trim away visible fat. 2. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with the spice mixture. 3. Spray a large heavy skillet with non-stick spray coating. Preheat pan over high heat. 4. Add meat; cook, stirring for 5 minutes. 5. Add potatoes, onion, broth, and garlic. Cook, covered, over medium heat, for 20 minutes. 6. Stir in carrots, lay greens over top, and cook, covered, until carrots are tender, about 15 minutes. 7. Serve in large serving bowl, with crusty bread for dunking. Yield: 6 servings Serving size: 7 oz Each serving provides: Calories: 340 Total fat: 5 g Saturated fat: 2 g Cholesterol: 64 mg Sodium: 109 mg Fiber: 8 g Protein: 30 g Carbohydrate: 45 g Potassium: 1,278 mg

October 7, 2009

### Food For Thought

**When there is more than one adult at the table, it tends to make talk richer, topics are established by adult interest and can be extremely valuable opportunities for children to learn. - Dr. Catherine Snow**

### Family Dinner Benefit:

**Families that hold family dinners have been found to have children that know that their parents love them more than families that do not hold family dinners. By talking and giving your children attention during dinner shows them that you care about them.**

### Healthy Dinner Recipe - Baked Chicken Nuggets

1½ lb chicken thighs, boneless and skinless  
1 cup ready-to-eat cereal, cornflakes, crumbs  
1 tsp paprika  
½ tsp Italian herb seasoning  
¼ tsp garlic powder  
¼ tsp onion powder

1. Remove skin and bone; cut thighs into bite-size pieces. 2. Place cornflakes into plastic bag and crush by using a rolling pin. 3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended. 4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Conventional Method 1. Preheat oven to 400° F. Lightly grease a cooking sheet. 2. Place chicken pieces on cooking sheet so they are not touching. 3. Bake until golden brown, about 12-14 minutes. Note: To remove bone from chicken thighs: 1. Place chicken on cutting board. Remove skin from thighs. 2. Turn the chicken thighs over. 3. Cut around bone and remove it. Yield: 4 servings Serving size: about 3 oz Each serving provides: Calories: 175 Total fat: 8 g Saturated fat: 2 g Cholesterol: 67 mg Sodium: 127 mg

October 8, 2009

### Food For Thought

**Family dinners are a great opportunity for jokes and unwinding. It is a great close to every day. - Markell Staffieri**

### Family Dinner Benefit:

**One way to keep up with the busy family schedule is to have the person that is home first from work or school to start up the family dinner. If the mother is home first she can start it. If the father is home first he can start it. Even if the teenage daughter or son is home first they can start now to help get the family dinner started.**

### Healthy Dinner Recipe - Mexican Casserole Recipe

Summary:

Preparation Time: 1 hour, 45 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 1.50

Ingredients:

4 oz uncooked ziti pasta  
nonstick cooking spray  
2 medium onions, chopped  
1 garlic clove, minced  
2 medium carrots, finely chopped  
1 green pepper, chopped  
1 medium zucchini, chopped  
1 16 oz can no added salt tomatoes, undrained  
1 8oz can no added salt tomato sauce  
1 tsp oregano  
1 16oz can black beans, rinsed and drained  
1 10 oz package frozen corn, thawed  
2 Tbsp green chilies, chopped  
8 oz fat free ricotta cheese  
4 oz shredded low-fat Monterey Jack cheese

Directions: Cook ziti according to package directions without salt; drain well. Preheat oven to 375°F. Coat a Dutch oven or large pot with cooking spray. Add onions, garlic, carrots, peppers, and zucchini; sauté over medium heat for 10 minutes, stirring often. Stir in tomatoes, tomato sauce, and oregano. Bring to a boil; reduce heat to low, simmering 15 minutes. Stir in beans, corn, chilies. Cook for 5 minutes. Remove from heat; add pasta and cheeses, tossing gently. Spoon into a 9-inch square baking dish coated with cooking spray. Bake for 30 minutes or until heated through. Let stand 5 minutes before serving. Nutrition Facts Mexican Casserole Serving Size 1/6 of recipe Amount Per Serving Calories 320 Calories from Fat 50 % Daily Value (DV)\* Total Fat 5g 8% Saturated Fat 3g 15% Trans Fat 0g 0% Cholesterol 20mg 7% Sodium 510mg 21% Total Carbohydrate 52g 17% Dietary Fiber 10g 40% Sugars 12g Protein 18g Vitamin A 70% Vitamin C 70% Calcium 25% Iron 20% \* Percent Daily Values are based on a 2,000 calorie diet.

**October 9, 2009**

**Food For Thought**

**At a time when kids are under a lot of stress for a lot of different reasons, having that regular mealtime that they can count on, that their parents are there for support - that can be very helpful. - David Elkind**

**Family Dinner Benefit:**

**Studies have shown that children between the ages of 8-12 are more enthusiastic about eating family dinners, when they have the opportunity to participate in cooking the family dinner with a parent and help them plan and design the dinner.**

**Healthy Dinner Recipe - Chicken Oriental**

8 chicken breasts, boneless and skinless  
8 fresh mushrooms  
black pepper to taste  
8 whole white onions, parboiled  
2 oranges, quartered  
8 canned pineapple chunks  
8 cherry tomatoes  
1 can (6 oz) frozen, concentrated apple juice, thawed  
1 cup dry white wine  
2 Tbsp soy sauce, low-sodium  
dash ground ginger  
2 Tbsp vinegar  
1/4 cup vegetable oil

1. Sprinkle chicken breasts with pepper. 2. Thread eight skewers as follows: chicken, mushroom, chicken, onion, chicken, orange quarter, chicken, pineapple chunk, cherry tomato. 3. Place kabobs into shallow pan. 4. Combine remaining ingredients; spoon over kabobs. Marinate in refrigerator at least 1 hour. 5. Drain. Broil 6 inches from heat, 15 minutes on each side, brushing with marinade every 5 minutes. Discard any leftover marinade. Yield: 8 servings Serving size: 1/2 chicken breast kabob Each serving provides: Calories: 359 Total fat: 11 g Saturated fat: 2 g Cholesterol: 66 mg Sodium: 226 mg Fiber: 3 g Protein: 28 g Carbohydrate: 34 g Potassium: 756 mg

**October 12, 2009**

**Food For Thought**

**One of the simplest and most effective ways for parents to be engaged in their teens' lives is by having frequent family dinners. - Joseph Califano Jr.**

**Family Dinner Benefit:**

**Studies have found that families that do not participate in family dinners, tended to have more teenagers that were overweight or obese, then families that held family dinner at least five times a week.**

**Healthy Dinner Recipe - Chicken and Vegetables**

1 1/2 Tbsp margarine  
1 tsp garlic powder  
1/2 cup onions, chopped  
1 lb 4 oz chicken thighs, boneless and skinless  
10-oz package cut green beans, frozen  
1/4 tsp pepper

1. Melt margarine in heavy skillet. Add garlic and onions; stir until blended. Cook over medium heat, until tender, about 5 minutes. Remove from skillet. 2. Place chicken in skillet. Cook over medium heat, until chicken is thoroughly done and no longer pink in color, about 12 minutes. Remove chicken from skillet; keep warm. 3. Place frozen green beans, pepper, and cooked onions in same skillet. Cover and cook over medium-low heat until beans are tender, about 5 minutes. 4. Add chicken to vegetable mixture. Continue cooking, stirring occasionally, until heated through, about 3 minutes. Note: To remove bone from chicken thighs: 1. Place chicken on cutting board. Remove skin from thighs. 2. Turn the chicken thighs over. 3. Cut around bone and remove it. Yield: 4 servings Serving size: 1 cup Each serving provides: Calories: 190 Total fat: 11 g Saturated fat: 3 g Cholesterol: 57 mg Sodium: 109 mg

**October 13, 2009**

**Food For Thought**

**I love family dinners because as a mother I am able to keep in contact with my children throughout the week. Dinner is a great time to sit back and think back to all the great memories we made in the past. - Chrissy Varner**

**Family Dinner Benefit:**

**One of the great benefits from having a conversation at the dinner table with the family is that it keeps you from eating as fast and as much if you would normally eat if you were by yourself.**

**Healthy Dinner Recipe - Barbecued Chicken**

3 lb chicken parts (breast, drumstick, and thigh), skin and fat removed  
1 large onion  
3 Tbsp vinegar  
3 Tbsp Worcestershire sauce  
2 Tbsp brown sugar  
black pepper to taste  
1 Tbsp hot pepper flakes  
1 Tbsp chili powder  
1 cup chicken stock or broth, fat skimmed from top

1. Place chicken into 13- by 9- by 2-inch pan. Arrange onions over top. 2. Mix together vinegar, Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder, and stock. 3. Pour mixture over chicken and bake at 350° F for 1 hour or until done. While cooking, baste occasionally. Yield: 8 servings Serving size: 1 chicken part with sauce Each serving provides: Calories: 176 Total fat: 6 g Saturated fat: 2 g Cholesterol: 68 mg Sodium: 240 mg Fiber: 1 g Protein: 24 g Carbohydrate: 7 g Potassium: 360 mg

**October 14, 2009**

**Food For Thought**

**Given that lifelong food preferences are established early in life, it is important for parents to foster mealtime environments that encourage healthful eating. - Lynn Edmunds**

**Family Dinner Benefit:**

**It has been shown that children who eat a lot of fruits and vegetables during childhood are apt to maintain this healthy eating pattern into adulthood.**

**Healthy Dinner Recipe - Chicken and Spanish Rice**

1 cup onions, chopped  
¼ cup green peppers  
2 tsp vegetable oil  
1 can (8 oz) tomato sauce\*  
1 tsp parsley, chopped  
½ tsp black pepper  
1¼ tsp garlic, minced  
5 cups brown rice, cooked in unsalted water  
3½ cups chicken breasts, cooked, skin and bone removed, and diced

1. In large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat. 2. Add tomato sauce and spices. Heat through. 3. Add cooked rice and chicken. Heat through. \*Reduce sodium by using one 4-oz can of no-salt-added tomato sauce and one 4-oz can of regular tomato sauce. New sodium content for each serving is 226 mg. Yield: 5 servings Serving size: 1½ cups Each serving provides: Calories: 428 Total fat: 52 g Saturated fat: 2 g Cholesterol: 80 mg Sodium: 341 mg Fiber: 8 g Protein: 29 g Carbohydrate: 35 g Potassium: 545 mg

**October 15, 2009**

**Food For Thought**

**I love family dinners. It is always great to sit down and learn about what happened during the day. If it wasn't for family dinners, I would never know what was going on with everybody's life. - Bekah Meier**

**Family Dinner Benefit:**

**Researchers have found that kids who spend dinner conversing with parents and other siblings had a healthier self-image. Children also tend to have fewer problems with bulimia and anorexia when participating with family dinners.**

**Healthy Dinner Recipe - Grilled Chicken With Green Chile Sauce**

Marinate meats to make them tender without adding a lot of fat.

4 chicken breasts, skinless and boneless

¼ cup olive oil

¼ tsp oregano

½ tsp black pepper

¼ cup water

10 to 12 tomatillos, husks removed and cut in half

½ medium onion, quartered

2 cloves garlic, finely chopped

2 serrano or jalapeno peppers

2 Tbsp cilantro, chopped

¼ tsp salt

¼ cup sour cream, low-fat

juice of 2 limes

1. Combine the oil, juice from one lime, oregano, and black pepper in a shallow glass baking dish. Stir. Place the chicken breasts in the baking dish and turn to coat each side. Cover the dish and refrigerate overnight. Turn the chicken periodically to marinate chicken on both sides. 2. Put water, tomatillos, and onion into a saucepan. Bring to a gentle boil and cook, uncovered, for 10 minutes or until the tomatillos are tender. In a blender, place the cooked onion, tomatillos, and any remaining water. Add the garlic, peppers, cilantro, salt, and the remaining lime juice. Blend until all ingredients are smooth. Place the sauce into a bowl and refrigerate. 3. Place the chicken breasts on a hot grill and cook until done. Place the chicken on a serving platter. 4. Spoon a tablespoon of low-fat sour cream over each chicken breast. Pour the sauce over the sour cream. Yield: 4 servings Serving size: 1 breast Each serving provides: Calories: 210 Total fat: 5 g Saturated fat: 1 g Cholesterol: 73 mg Sodium: 91 mg Calcium: 53 mg Iron: 2 mg Fiber: 3 g Protein: 29 g Carbohydrate: 14 g Potassium: 780 mg

**October 16, 2009**

**Food For Thought**

**What your kids really want at the dinner table is YOU! - CASA Family Day**

**Family Dinner Benefit:**

**One great tip for conducting healthy dinners is to plan at the beginning of the week every dinner for each day of the week. Planning ahead helps you stay to a schedule and helps you have the ingredients and foods necessary to follow through with the health dinner that was previously planned.**

**Healthy Dinner Recipe - Creamy Red Bell Pepper Soup**

Prep: 15 min, Cook: 35 min.

1 Tbs. unsalted butter

1 lb. red bell peppers, seeded and chopped

1 small leek, white part only, split lengthwise, rinsed, dried and chopped

1 Tbs. fresh dill, minced

1 cup onion, chopped

4 cups vegetable stock

1/2 cup lowfat ricotta cheese

1/8 tsp. white pepper

1 cup cool herb croutons

Melt butter in a heavy non-reactive saucepan over medium low heat. Sauté bell peppers, leek, dill and onion 6-7 minutes, stirring frequently until vegetables are softened. Add stock and simmer 20 minutes, stirring occasionally. Remove from heat and set aside 10 minutes to cool slightly. Purée mixture (in batches if necessary) in a food processor or blender. Add ricotta cheese to last batch processed. Season with white pepper and salt to taste. Return soup to saucepan over medium low heat, stirring frequently until hot. Do not boil. Serve with croutons. Per serving: calories 167, fat 6.7g, 34% calories from fat, cholesterol 17mg, protein 7.4g, carbohydrates 21.4g, fiber 3.5g, sodium 121mg.

October 19, 2009

### Food For Thought

**In the contemporary world, we've made an icon of the dinner hour as a way to hold on to something, otherwise people would go off in different directions and never get together. - Barbara Haber**

### Family Dinner Benefit:

**One of the great benefits of conducting family dinners is that helps develop responsibility around the home. By having family dinners children learn how to cook and prepare the meal, set the table, and clean up.**

### Healthy Lunch Recipe: Garden Quesadillas

#### Ingredients

1 small green and/or red sweet peppers, cut into thin strips  
1/2 small red onion, cut into thin 1-inch-long strips  
1 teaspoons olive oil or cooking oil  
1/4 teaspoon ground cumin  
1/4 teaspoon chili powder  
1 tablespoons snipped fresh cilantro  
4 tablespoons fat-free cream cheese (tub style)  
3 6- to 7-inch flour tortillas  
Salsa (optional)

In a large nonstick skillet cook sweet peppers and onion in 1 teaspoon of the oil for 3 to 5 minutes or until crisp-tender. Stir in cumin and chili powder. Cook and stir for 1 minute more. Stir in cilantro. Set vegetables aside. Spread cream cheese over half of 1 side of each tortilla. Top with pepper mixture. Fold tortilla in half over peppers, pressing gently. Place tortillas on an ungreased large baking sheet. Bake in a 425 degree F. oven for 5 minutes. Cut each quesadilla into 4 wedges. Serve warm. If desired, pass the salsa.

Serves 4

Nutrition information: per serving: 58 calories, 2 g total fat, 0 g saturated fat, 1 mg cholesterol, 51 mg sodium, 8 g carbohydrate, 1 g fiber, 2 g protein, 5% vitamin A, 20% vitamin C, 5% calcium, 3% iron.

October 20, 2009

### Food For Thought

**When my mother had to get dinner for 8 she'd just make enough for 16 and only serve half. - Gracie Allen**

### Family Dinner Benefit:

**A handful of studies have also suggested that eating as a family improves children's consumption of fruits and vegetables, grains, fiber and vitamins and minerals. Children who have family meals also eat less fried food, saturated fat and soda.**

### Healthy Dinner Recipe - Yosemite Chicken Stew and Dumplings

#### For the stew:

1 lb chicken meat, skinless, boneless, and cut into 1-inch cubes  
1/2 cup onion, coarsely chopped  
1 medium carrot, peeled and thinly sliced  
1 stalk celery, thinly sliced  
1/4 tsp salt  
black pepper to taste  
1 pinch ground cloves  
1 bay leaf  
3 cups water  
1 tsp cornstarch  
1 tsp dried basil  
1 package (10 oz) frozen peas

#### For the cornmeal dumplings:

1 cup yellow cornmeal  
3/4 cup all-purpose flour, sifted  
2 tsp baking powder  
1/2 tsp salt  
1 cup milk, low-fat (1%)  
1 Tbsp vegetable oil

For the stew: 1. Place chicken, onion, carrot, celery, salt, pepper, cloves, bay leaf, and water into a large saucepan. Heat to boiling; cover and reduce heat to simmer. Cook about 1/2 hour or until chicken is tender. 2. Remove chicken and vegetables from broth. Strain broth. 3. Skim fat from broth; measure and, if necessary, add water to make 3 cups of liquid. 4. Mix cornstarch with 1 cup cooled broth by shaking vigorously in a jar with a tight-fitting lid. 5. Pour into saucepan with remaining broth; cook, stirring constantly, until mixture comes to a boil and is thickened. 6. Add basil, peas, and reserved vegetables to sauce; stir to combine. 7. Add chicken and heat slowly to boiling while preparing cornmeal dumplings.

For the dumplings: 1. Sift together cornmeal, flour, baking powder, and salt into a large mixing bowl. 2. Mix together milk and oil. Add milk mixture all at once to dry ingredients; stir just enough to moisten flour and to evenly distribute liquid. Dough will be soft. 3. Drop by full tablespoons on top of braised meat or stew. Cover tightly; heat to boiling. Reduce heat (do not lift cover) to simmering and steam about 20 minutes. Yield: 6 servings Serving size: 1 1/4 cups stew with 2 dumplings Each serving provides: Calories: 301 Total fat: 6 g Saturated fat: 1 g Cholesterol: 43 mg Sodium: 471 mg Fiber: 5 g Protein: 24 g Carbohydrate: 37 g Potassium: 409 mg

**October 21, 2009**

**Food For Thought**

**One of the great things about family dinners that I learned from growing up was responsibility. Every sibling each day took turns setting the table, preparing the food, and washing the dishes. This helped me to be responsible and learned at a young age that I could help around the house. - Sara Sadler**

**Family Dinner Benefit:**

**Studies have shown that families that are creative on where they hold family dinners have more success keeping their children excited about family dinner. You don't always have to have dinner in the home. Families can go on picnics to the park, have dinner under the stars, or have dinner by a camp fire.**

**Healthy Dinner Recipe - Spaghetti with Turkey Meat Sauce**

Using non-stick cooking spray, ground turkey, and no added salt helps to make this classic dish heart-healthy.

non-stick cooking spray as needed  
1 lb ground turkey  
1 can(28 oz) tomatoes, cut up  
1 cup green pepper, finely chopped  
1 cup onion, finely chopped  
2 cloves garlic, minced  
1 tsp dried oregano, crushed  
1 tsp black pepper  
1 lb spaghetti, uncooked

1. Spray a large skillet with non-stick spray coating. Preheat over high heat. 2. Add turkey; cook, stirring occasionally, for 5 minutes. Drain fat and discard. 3. Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper. Bring to a boil; reduce heat. Simmer covered for 15 minutes, stirring occasionally. Remove cover; simmer for 15 minutes more. (If you like a creamier sauce, give sauce a whirl in your blender or food processor.) 4. Meanwhile, cook spaghetti in unsalted water. Drain well. 5. Serve sauce over spaghetti. Yield: 6 servings Serving size: 5 oz sauce and 9 oz spaghetti Each serving provides: Calories: 455 Total fat: 6 g Saturated fat: 1 g Cholesterol: 51 mg Sodium: 248 mg Fiber: 5 g Protein: 28 g Carbohydrate: 71 g Potassium: 593 mg

**October 22, 2009**

**Food For Thought**

**Having family dinners has created a team atmosphere with my children. By giving them the opportunity to be involved in preparing the family dinner, they have learned to work together. - Tara Walton**

**Family Dinner Benefit:**

**Don't let interruptions spoil this special time. Studies have shown that families that turn off the television, the radio, and the telephone during dinner have more success with communication during dinner and give their children more attention.**

**Healthy Dinner Recipe - Turkey Meatloaf**

Here's a healthier version of an old diner favorite.

1 lb lean ground turkey  
½ cup regular oats, dry  
1 large egg  
1 Tbsp onion, dehydrated  
¼ cup ketchup

1. Combine all ingredients and mix well. 2. Bake in loaf pan at 350° F or to internal temperature of 165° F for 25 minutes. 3. Cut into 5 slices and serve. Yield: 5 servings Serving size: 1 slice Each serving provides: Calories: 191 Total fat: 7 g Saturated fat: 2 g Cholesterol: 102 mg Sodium: 205 mg Fiber: 1 g Protein: 22 g Carbohydrate: 9 g Potassium: 268 mg

**October 23, 2009**

**Food For Thought**

**Every time we have family dinners it seems like the stress and tension level in the home goes down about ten notches. - Anna Staffieri**

**Family Dinner Benefit:**

**To help save time for preparing a meal many families that do dine together make a concerted effort to carve out the time. Spend some Sundays cooking meals for the week, some do prep work the evening before, some use takeout a couple of nights a week.**

**Healthy Dinner Recipe - Baked Salmon Dijon**

1 cup sour cream, fat-free  
2 tsp dried dill  
3 Tbsp scallions, finely chopped  
2 Tbsp Dijon mustard  
2 Tbsp lemon juice  
1½ lb salmon fillet with skin, cut in center  
½ tsp garlic powder  
½ tsp black pepper  
at-free cooking spray as needed

1. Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend. 2. Preheat oven to 400° F. Lightly oil baking sheet with cooking spray. 3. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce. 4. Bake salmon until just opaque in center, about 20 minutes. Yield: 6 servings Serving size: 1 piece (4 oz) Each serving provides: Calories: 196 Total fat: 7 g Saturated fat: 2 g Cholesterol: 76 mg Sodium: 229 mg Fiber: less than 1 g Protein: 27 g Carbohydrate: 5 g Potassium: 703 mg

**October 26, 2009**

**Food For Thought**

**One of the great things that come from our family dinners is that we are able to confront a serious problem before it becomes too big to resolve. - Dixie Meier**

**Family Dinner Benefit:**

**A 2004 study of 4,746 children 11 to 18 years old, published in The Archives of Pediatrics and Adolescent Medicine, found that frequent family meals were associated with a lower incidence of depressive symptoms and suicidal thoughts; and with better grades.**

**Healthy Dinner Recipe - Spicy Baked Fish**

1 lb salmon (or other fish) fillet  
1 Tbsp olive oil  
1 tsp spicy seasoning, salt-free

1. Preheat oven to 350° F. Spray a casserole dish with cooking oil spray. 2. Wash and dry fish. Place in dish. Mix oil and seasoning, and drizzle over fish. 3. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into four pieces. Serve with rice. Yield: 4 servings Serving size: 1 piece (3 oz) Each serving provides: Calories: 192 Fat: 11 g Saturated fat: 2 g Cholesterol: 63 mg Sodium: 50 mg Fiber: 0 g Protein: 23 g Carbohydrate: 23 g Potassium: 560 mg

**October 27, 2009**

**Food For Thought**

**A regular mealtime is something people can count on, and that's important for both youngsters and adults. - Gary Hansen**

**Family Dinner Benefit:**

**A study concluded that the more often teens had dinner with their parents, the less likely they were to have sexually active friends, less likely girls were to have boyfriends two years older, and the less time teens spent with boyfriends or girlfriends.**

**Healthy Dinner Recipe - Mediterranean Baked Fish**

This dish is baked and flavored with a Mediterranean-style tomato, onion, and garlic sauce to make it lower in fat and salt.

- 2 tsp olive oil
- 1 large onion, sliced
- 1 can (16 oz) whole tomatoes, drained (reserve juice) and coarsely chopped
- 1 bay leaf
- 1 clove garlic, minced
- 1 cup dry white wine
- ½ cup reserved tomato juice, from canned tomatoes
- ¼ cup lemon juice
- ¼ cup orange juice
- 1 Tbsp fresh orange peel, grated
- 1 tsp fennel seeds, crushed
- ½ tsp dried oregano, crushed
- ½ tsp dried thyme, crushed
- ½ tsp dried basil, crushed
- black pepper to taste
- 1 lb fish fillets (sole, flounder, salmon, or sea perch)

1. Heat oil in large non-stick skillet. Add onion, and sauté over moderate heat 5 minutes or until soft. 2. Add all remaining ingredients except fish. 3. Stir well and simmer 30 minutes, uncovered. 4. Arrange fish in a 10- by 6-inch baking dish; cover with sauce. 5. Bake, uncovered, at 375° F about 15 minutes or until fish flakes easily. Yield: 4 servings Serving size: 4-oz fillet with sauce Each serving provides: Calories: 178 Total fat: 4 g Saturated fat: 1 g Cholesterol: 56 mg Sodium: 260 mg Fiber: 3 g Protein: 22 g Carbohydrate: 12 g Potassium: 678 mg

**October 28, 2009**

**Food For Thought**

**Having family dinner helped myself, as a mom, establish accountability and discipline to my children. They made sure that they were on time for family dinner and if they weren't they knew that they would be losing a privilege of some sort. - Vicki Campion**

**Family Dinner Benefit:**

**A study from the University of Minnesota found that adolescent girls who reported having more frequent family meals and a positive atmosphere during those meals were less likely to have eating disorders.**

**Healthy Dinner Recipe - Classic Macaroni and Cheese**

Low-fat cheese and skim milk help to make this favorite dish heart-healthy.

- 2 cups macaroni
- ½ cup onions, chopped
- ½ cup evaporated milk, fat-free
- 1 medium egg, beaten
- ¼ tsp black pepper
- 1¼ cups sharp cheddar cheese (4 oz), finely shredded, low-fat non-stick cooking oil spray

1. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside. 2. Spray a casserole dish with non-stick cooking oil spray. Preheat oven to 350° F. 3. Lightly spray saucepan with non-stick cooking oil spray. 4. Add onions to saucepan and sauté for about 3 minutes. 5. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly. 6. Transfer mixture into casserole dish. 7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving. Yield: 8 servings Serving size: ½ cup Each serving provides: Calories: 200 Total fat: 4 g Saturated fat: 2 g Cholesterol: 34 mg Sodium: 120 mg Fiber: 1 g Protein: 11 g Carbohydrate: 29 g Potassium: 119 mg

October 29, 2009

### Food For Thought

**When my family gets together at dinner time, we share more than just a meal - we share what's been going on in our daily lives. - Gary Hansen**

### Family Dinner Benefit:

**Researchers at Harvard looked at the types of activities that promoted language development. Family dinners were more important than play, story time and other family events. Those families that engaged in extended discourse at the dinner table, like storytelling and explanations, rather than one-phrase comments, like "eat your vegetables," had children with better language skills.**

### Healthy Dinner Recipe - Zucchini Lasagna

Say, "Cheese," because this healthy version of a favorite comfort food will leave you smiling.

½ lb lasagna noodles, cooked in unsalted water  
¾ cup part-skim mozzarella cheese, grated  
1½ cups cottage cheese,\* fat-free  
¼ cup Parmesan cheese, grated  
1½ cups raw zucchini, sliced  
2½ cups no-salt-added tomato sauce  
2 tsp basil, dried  
2 tsp oregano, dried  
¼ cup onion, chopped  
1 clove garlic  
1/8 tsp black pepper

1. Preheat oven to 350° F. Lightly spray 9- by 13-inch baking dish with vegetable oil spray. 2. In small bowl, combine 1/8 cup of mozzarella and 1 tablespoon of Parmesan cheese. Set aside. 3. In medium bowl, combine remaining mozzarella and Parmesan cheese with all the cottage cheese. Mix well and set aside. 4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add a third of the noodles in a single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini. 5. Repeat layering. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil. 6. Bake for 30-40 minutes. Cool for 10-15 minutes. Cut into six portions. \*Use unsalted cottage cheese to reduce the sodium content. New sodium content for each serving is 196 mg. Yield: 6 servings Serving size: 1 piece Each serving provides: Calories: 200 Total fat: 5 g Saturated fat: 3 g Cholesterol: 12 g Sodium: 368 mg Fiber: 3 g Protein: 15 g Carbohydrate: 24 g Potassium: 593 mg

October 30, 2009

### Food For Thought

**The simple practice of making a menu each week will not only help you provide some structure to the family dinner hour, but also will save you a lot of money on your food budget. - Leanne Ely**

### Family Dinner Benefit:

**Teens who eat frequent family dinners are less likely than other teens to have sex at young ages, get into fights, or be suspended from school, and they are at lower risk for thoughts of suicide.**

### Healthy Dinner Recipe - Vegetable Stew

3 cups water  
1 cube vegetable bouillon, low-sodium  
2 cups white potatoes, cut into 2-inch strips  
2 cups carrots, sliced  
4 cups summer squash, cut into 1-inch squares  
1 cup summer squash, cut into 4 chunks  
1 can (15-oz) sweet corn, rinsed and drained, or 2 ears fresh corn, 1½ cups  
1 tsp thyme  
2 cloves garlic, minced  
1 stalk scallion, chopped  
½ small hot pepper, chopped  
1 cup onion, coarsely chopped  
1 cup tomatoes, diced  
(Add other favorite vegetables such as broccoli and cauliflower)

1. Heat water and bouillon in a large pot and bring to a boil. 2. Add potatoes and carrots to the broth and simmer for 5 minutes. 3. Add the remaining ingredients except for the tomatoes, and continue cooking for 15 minutes over medium heat. 4. Remove four chunks of squash and purée in blender. 5. Return puréed mixture to pot and let cook for 10 minutes more. 6. Add tomatoes and cook for another 5 minutes. 7. Remove from flame and let sit for minutes to allow stew to thicken. Yield: 8 servings Serving size: 1¼ cups Each serving provides: Calories: 119 Total fat: 1 g Saturated fat: less than 1 g Cholesterol: 0 g Sodium: 196 mg Fiber: 4 g Protein: 4 g Carbohydrate: 27 g Potassium: 524 mg